

MCCS/USNH Health & Wellness Corner

May is Fitness Month

Exercise. Nike says it best “*Just Do It*”. While that may be motivation for some people, it is only words on paper. This month attempt to make fitness and exercise work for you. Ask yourself, “What three actions can I take this month to help me move forward? The USNH and MCCS Health Promotion have programs for all levels of fitness and needs. We have Personal Trainers, behavior modification classes and workshops, group fitness classes, weight management support groups, running and walking events, and more. Call us to help you reach your health and fitness potential.

Health and Wellness – 645-2620/2578/3910 Personal Trainers, Group Fitness Classes – 645-3484

APRIL HEALTH PROMOTION **Call USNH Health Promotion 645-2620 to register.

Eating For The HEALTH of It 17 & 24 April Thursday - Nutrition/weight management.

BALANCE 17 April Thursday Weight Management Support Group. Meets 3rd Thursday of every month at Camp Lester Chapel 1730-1830

IE Shima Bike/Hike Tour: 26 April Saturday we will be touring the island on bike, hiking the mountain, lunch, and more! Car pooling up to Motobu Port from USNH, leaving at 0700.

Tobacco Cessation Once a week for 5 weeks.

Camp Courtney, Bush Medical Clinic 7 April 1700 622-7311

Camp Hansen, Branch Medical Clinic 8 April 1200 623-4623

Camp Foster, Counseling Center next to Gunner's Gym 16 April 1200 645-3009

MAY HEALTH PROMOTION CALENDAR

EDUCATION

Eating For the HEALTH of It May 1, 8, 15, & 22 (must attend 3/4 classes) 0930-1030 USNH

Tobacco Cessation 6 May - USNH, 1700

First Light Fitness 6 May - Gunner's Gym, 0500-0700

13 May - Camp Lester Gym, 0530-0700

Activities include: Ask the Expert, Fitness Challenges, Gait Analysis, and Appropriate Shoes

BALANCE 15 May – Thursday Nutrition/weight management 1730-1830 Camp Lester Chapel

Skin Cancer Screening 17 May - Kadena BX 0900-1200

31 May - Foster PX 0900-1200

FITNESS & EXERCISE

Walk this Way Fridays in May, begins **9 May** 0930-1030 Camp Lester Gym

Running Events: Register at USNH Health Promotion 645-2620

USNH Training Program:

† 3 May 6 mile run 0600 from USNH

† 10 May Nurses Week 5K 0700 from USNH Lester Fitness Center

† 17 May 10 mile run 0600 from USNH

† 24 May 12 mile run 0600 from USNH

† 31 May 15 mile run (CO's Farewell Run to White Beach) 0600 from USNH



May 10 **Nurses Week 5K and 2.5K for Kids** (12 and under) 0700 Camp Lester Gym

May 31 **CO's Farewell Run to White Beach**, leaving USNH at 0600. Approx. 15 miles.

Register **BY MAY 27**.

\$5 brunch. FREE shirts to first 50 finishers. Return bus transportation.

Pacific Wellness
Association
Events

Wed track interval workout- 1700 at the Sunset Beach Track

Fri. social hour- Corpsman's Cove, **Camp Lester 1800**, discussions on training and other healthy lifestyle issues.